



REPLY TO
ATTENTION OF

HEADQUARTERS
UNITED STATES FORCES - IRAQ
BAGHDAD, IRAQ
APO AE 09342-1400

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USFI-DCG-O

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Heat Injuries Prevention

1. Summer is still a few months away; however, the temperatures are beginning to climb now as we approach April. As it starts getting hotter, commanders and leaders must be personally involved in preventing heat injuries. Since the war in Iraq began, nine Service Members have lost their lives due to heat injuries; many less catastrophic heat-related injuries also occur each year. Just like other needless accidents, heat injuries at varying levels can seriously hamper our mission success.
2. Commanders, leaders, and battle buddies must be personally involved to ensure individuals are drinking enough water, eating properly, applying proper amounts of sunscreen, and monitoring each other for signs of heat injury. Personnel with a prior history of heat injury are more susceptible to a recurrence and should be monitored closely. Our personnel must understand that low-calorie diets increase the risk of heat injury. Additionally, dietary supplements containing caffeine and other stimulants can put personnel at a higher risk of becoming a heat casualty.
3. Personal hygiene is another important issue during summer months. Proper standards of personal hygiene must be maintained. Any cut or scrape should be monitored closely; desert dust and insects can cause infection. Prickly heat and diarrhea can upset the body's sweating mechanism and increase water loss, increasing susceptibility to heat illnesses.
4. Summer safety information regarding heat injury prevention, poisonous snakes, animals, insects, and plants and other useful safety topics are on the US Army Public Health Command (PROVISIONAL) (USAPHC) website. This website can be found at <http://chppm-www-apgea.army.mil>.
5. Leadership involvement is mandatory. We must respect the hot summer environment and not allow heat injuries to become a distraction to our mission accomplishment.

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